



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
208-737-5900

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PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

Walking Class for People with Arthritis Begins Again October 3

South Central District Health's Arthritis Program and the First Christian Church are partnering to offer a free indoor walking class beginning Tuesday, Oct. 3, at 5:15 p.m. The class is offered on Tuesdays and Thursdays from 5:15-6:15 p.m. at the First Christian Church located at 601 Shoshone St. North in Twin Falls.

Anyone is welcome to attend this walking class, but people who have arthritis are especially encouraged to participate. Studies have shown that physical activity can help alleviate arthritis pain and walking is a wonderful exercise for people who have arthritis. A regular walking program can help a person with arthritis feel less pain, move more easily, do more activities, feel more energetic and positive, and keep muscles, bones, and joints healthy.

Volunteer Joan Walton will lead the walking classes. Warm-up and cool down exercises will be done in addition to walking. Walking provides great physical activity as well as social interaction.

Call Susie Beem at South Central District Health at 737-5946 for more information. For questions concerning the church location or parking, call the First Christian Church at 733-2209.

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